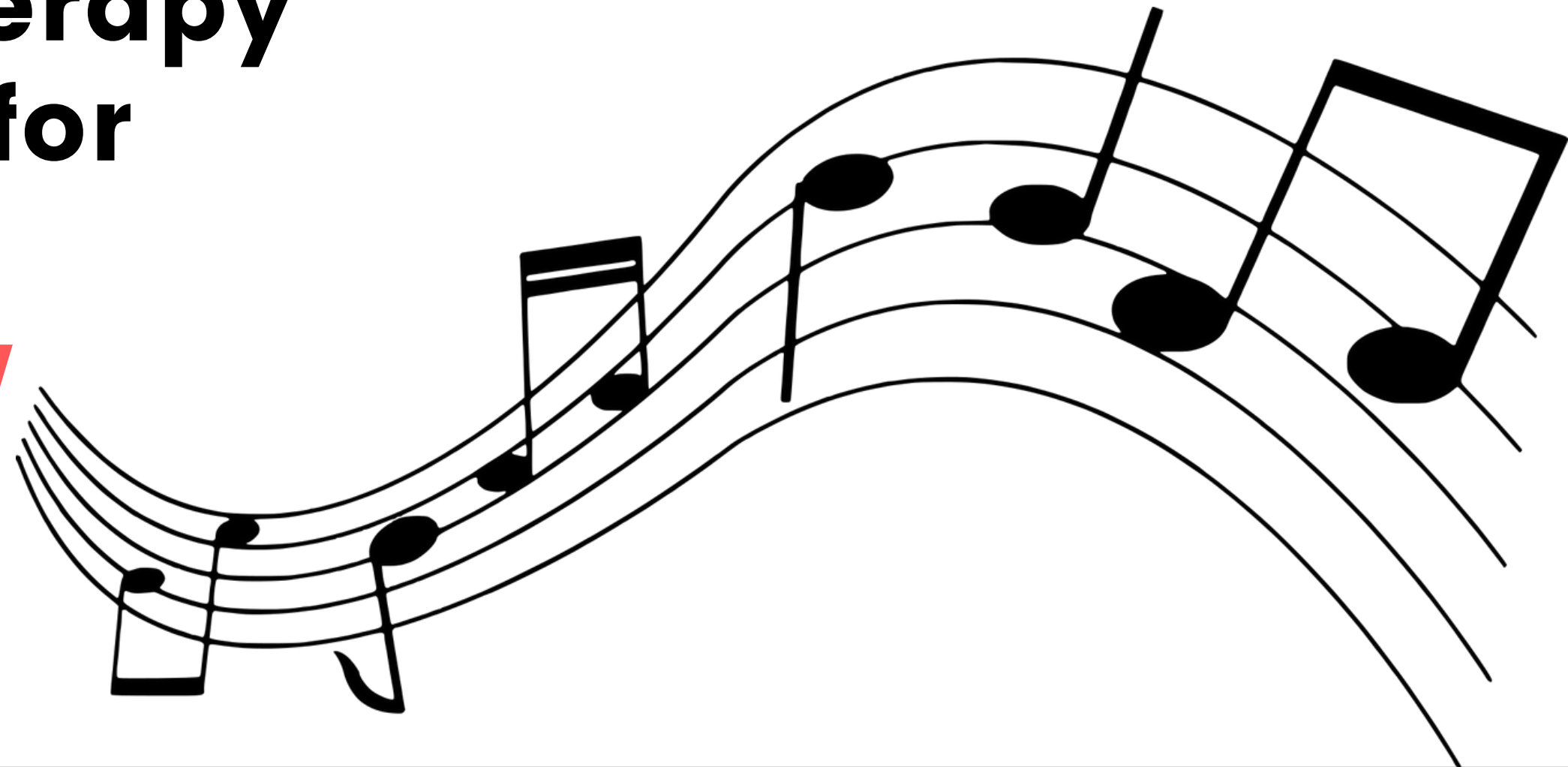


Benefits of Music Therapy and Dance Therapy for Healthy Aging: a **Systematic Review**



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- It is taking place a "**demographic aging**"

- Psycho-gerontological point of view:

- Healthy aging

- Best conditions



- Quality of life

- Life expectancy



- Art therapies:

Music
therapy

+

Dance
therapy

=

- Less health problems

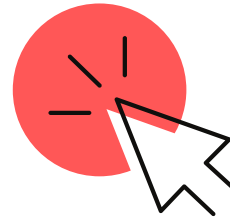
- Greater eudaimonic well-being

✓ **Main objective**
Synthetise information about benefits of music and dance therapies in the elderly

Benefits in global constructs of human being

Benefits in different areas of the human health

Other benefits



Design



literature systematized review

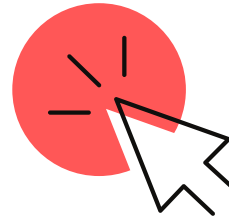


Eligibility criteria

- **P:** older adults
- **I:** music therapy and dance therapy
- **(C)**
- **O:** quality of life

- **Inclusion criteria:**
5 years ago and written in Spanish or English

- **Exclusion criteria:**
projects, unclear age, using therapies for a disease

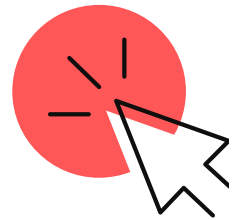


Sources of information

Medline
(Pubmed)

CINAHL Complete
(EBSCO)

Scielo
(WOS)



Search strategy

Aged [Mesh] OR (free-text terms)

AND

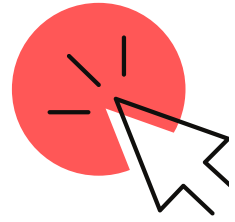
(Music [Mesh] OR Music Therapy [Mesh] OR (free-text terms))

OR

(Dance [Mesh] OR Dance Therapy [Mesh] OR (free-text terms))

AND

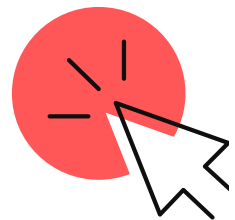
Quality of life [Mesh] OR (free-text terms)



Methodological quality assessment

Joana Briggs Insitute quality tools

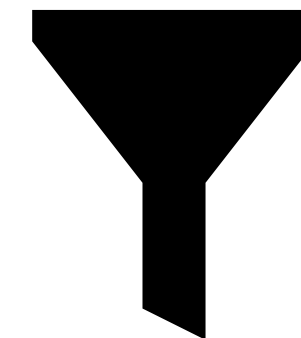
- One table for every and each type of study

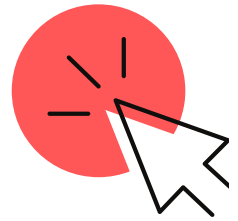


Management and filtering process of search results

PRISMA Flow Diagram

- Total of **373** studies
- - **49** duplicated = **324**
- - **275** title and abstract = **49**
- - **11** full-text = **38**
- **38 studies met inclusion criteria**

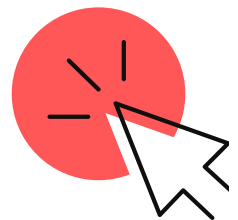




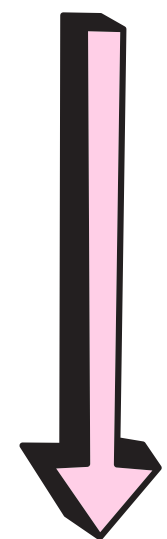
Data extraction

- Methodological quality table
- Methodological table

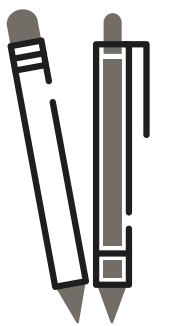
Authors and Year	Design	Population Characteristic	Data collection	Themes
Sekyung J. 2020	Qualitative study	10 healthy older people (8 were women) (mean age 68.5 years)	Interviews	Music therapy and singing (intergenerational choir)



Data synthesis



- Reading full-text: **codes**
- Discussion with tutor
- Re-reading articles and codes
- Analysing regularities and differences (results synthesis)
- Narrative development



4 Results and Discussion

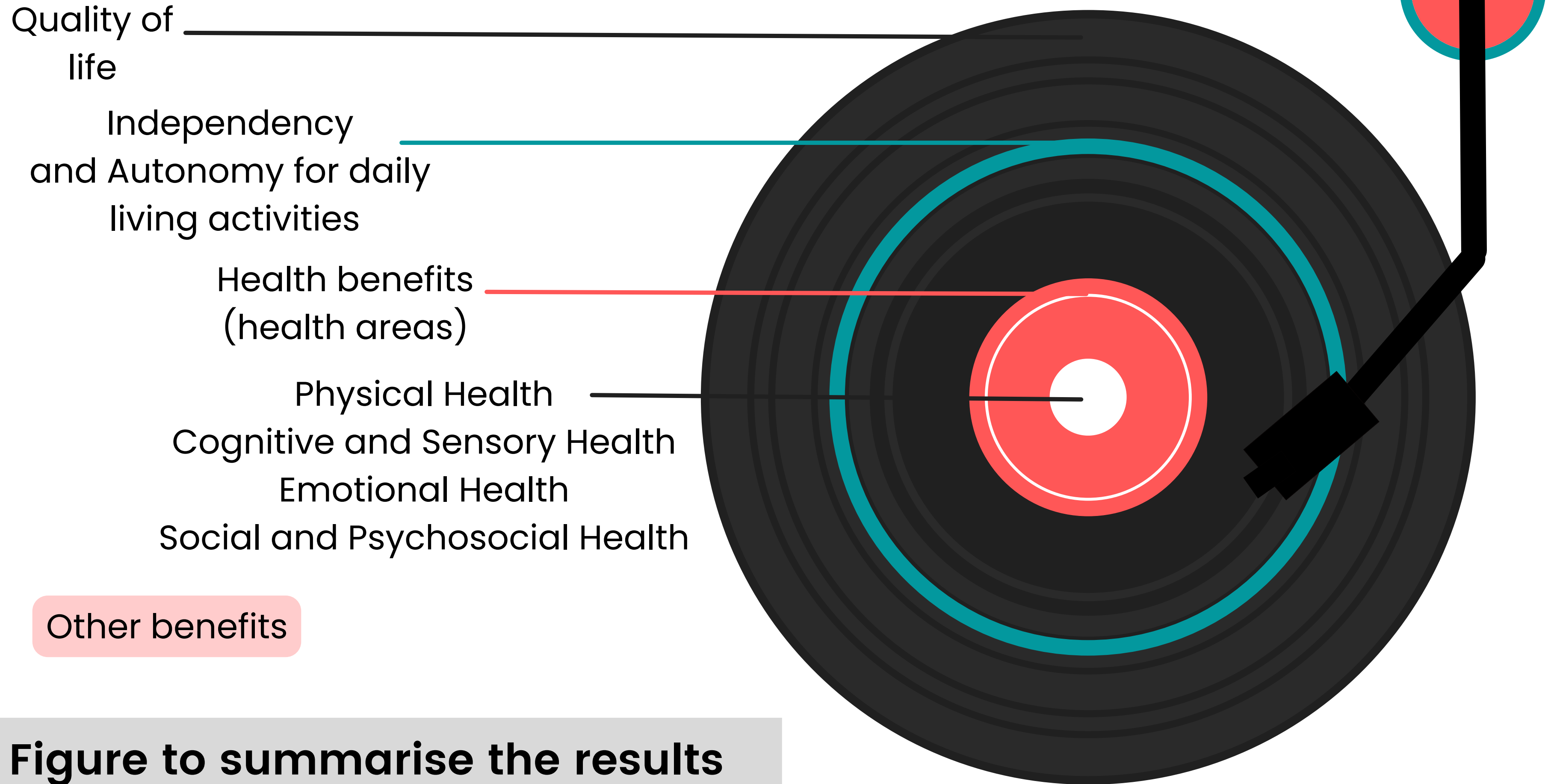
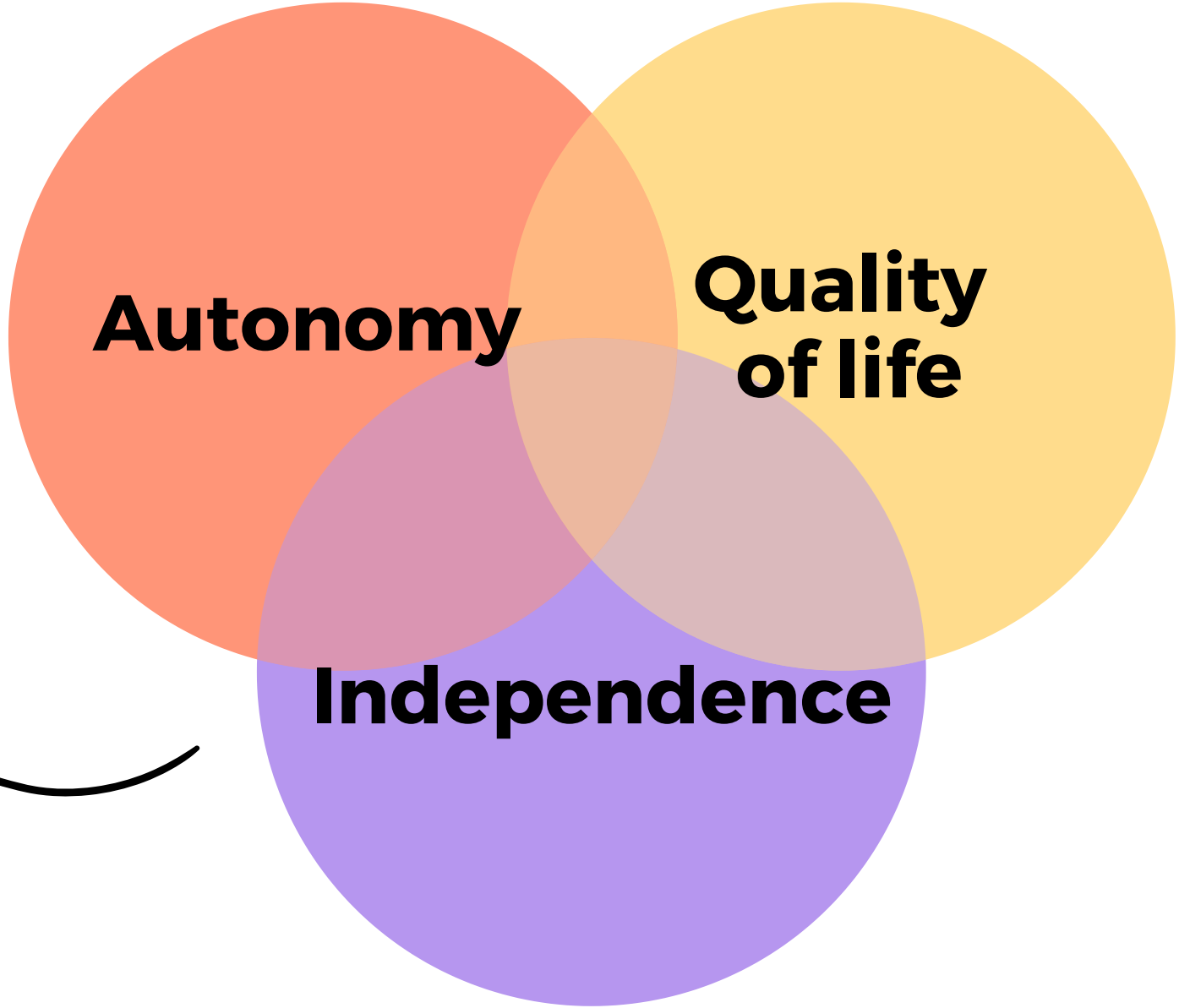


Figure to summarise the results

Health benefits

Global contracts



- Self-care
- Basic and instrumental activities of daily living

- Holistically increase
- Slow decline
- Depends on preference and types

Health benefits

Physical Health



Musculoskeletal system

Flexibility, range of motion, gait ability, agility...

Respiratory and Cardiovascular system

Lung capacity, aerobic effort, metabolic parameters of cardiovascular risk...

Digestive system

Swallowing force and pressure

Phonatory apparatus

Voice, maximum phonation time...

Sleeping and Rest

Reduction of neuroendocrine activity, decreasing of anxiety, relaxation...

Health benefits: Cognitive and Sensory Health

Memory function

Autobiographical and visual memory, categorical fluidity of words...

Language function

Cognitive, processing and executive function
Phonological and semantic area

Hearing and Visual function

Hearing and visual attention
Multisensory stimulation

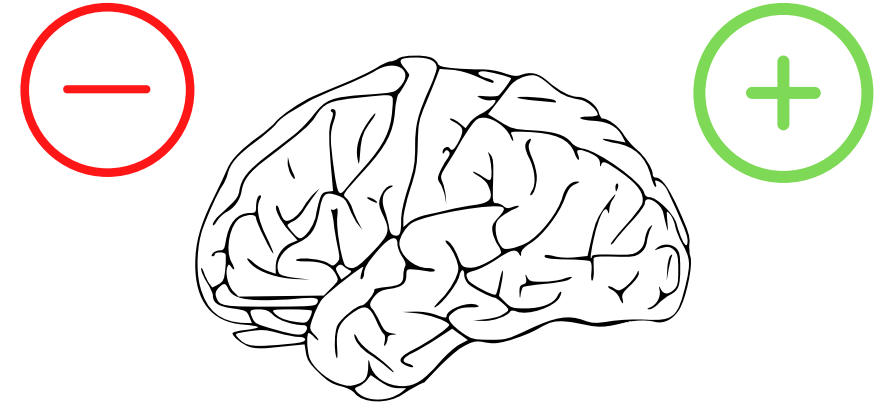
- Neuronal plasticity

Others

- Attention
- Concentration
- Level of alertness



Health benefits: Emotional Health



Decrease of **negative** emotions and feelings

- Loneliness
- Anxiety
- Pain
- Worry
- Discomfort
- Sadness
- Social loneliness

Improvements of **positive** emotions and feelings

- Happiness
- Enjoyment
- Self-esteem
- Relaxation
- Peace
- Sense of worth
- Belonging/ purpose in the world

Health benefits: Social and Psychosocial Health

● **Social, physical and emotional interaction**

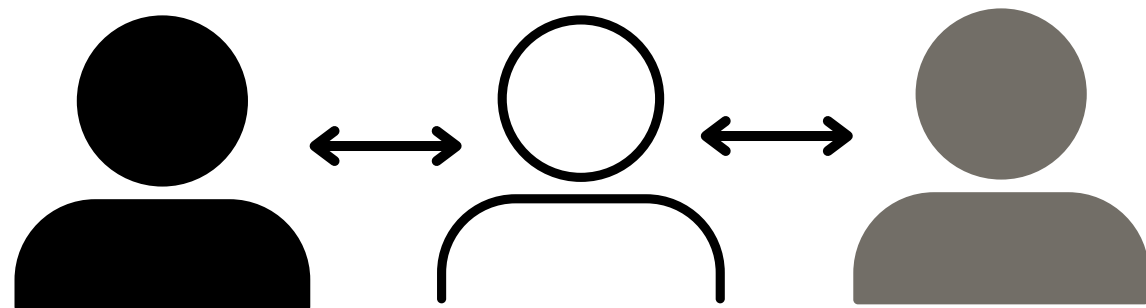
Closeness, others' emotions,
new relationships...
Increase in oxytocin and
vasopressin

● **Expression**

Verbal and non-verbal expression
Inspiration

● **Area of care**

Bonding, care atmosphere, well-being
of both sides, feeling of togetherness



Health benefits: Others

Help people to die

Improvement and efficiency of the resources in the health care system

Applicability

- Far-reaching alternatives
- Crucial for elderly
- Therapeutic and recreational



Innovative and
comprehensive

Limitations

- Difference in man and woman's participation
- Non-individualized
- Areas unstudied
- Language, time and access

Lines of future research

- Man and woman's participation in balance
- Individualized approach
- Studying areas less searched
- Extending search strategy

Music Therapy and Dance Therapy



**INCREASE THE LEVEL OF AUTONOMY,
INDEPENDENCE AND QUALITY OF LIFE**



**BENEFITS FOR DIFFERENTS AREAS OF
HUMAN HEALTH**

Physical Health

Cognitive and Psychological Health

Emotional Health

Social and Psychosocial Health



**HELP TO DIE AND ECONOMISATION
HEALTH RESOURCES**

Recreational
and
therapeutic

Advantages
for application

Key tool to
promote
healthy aging

Well-balanced evidence between music therapy and dance therapy results

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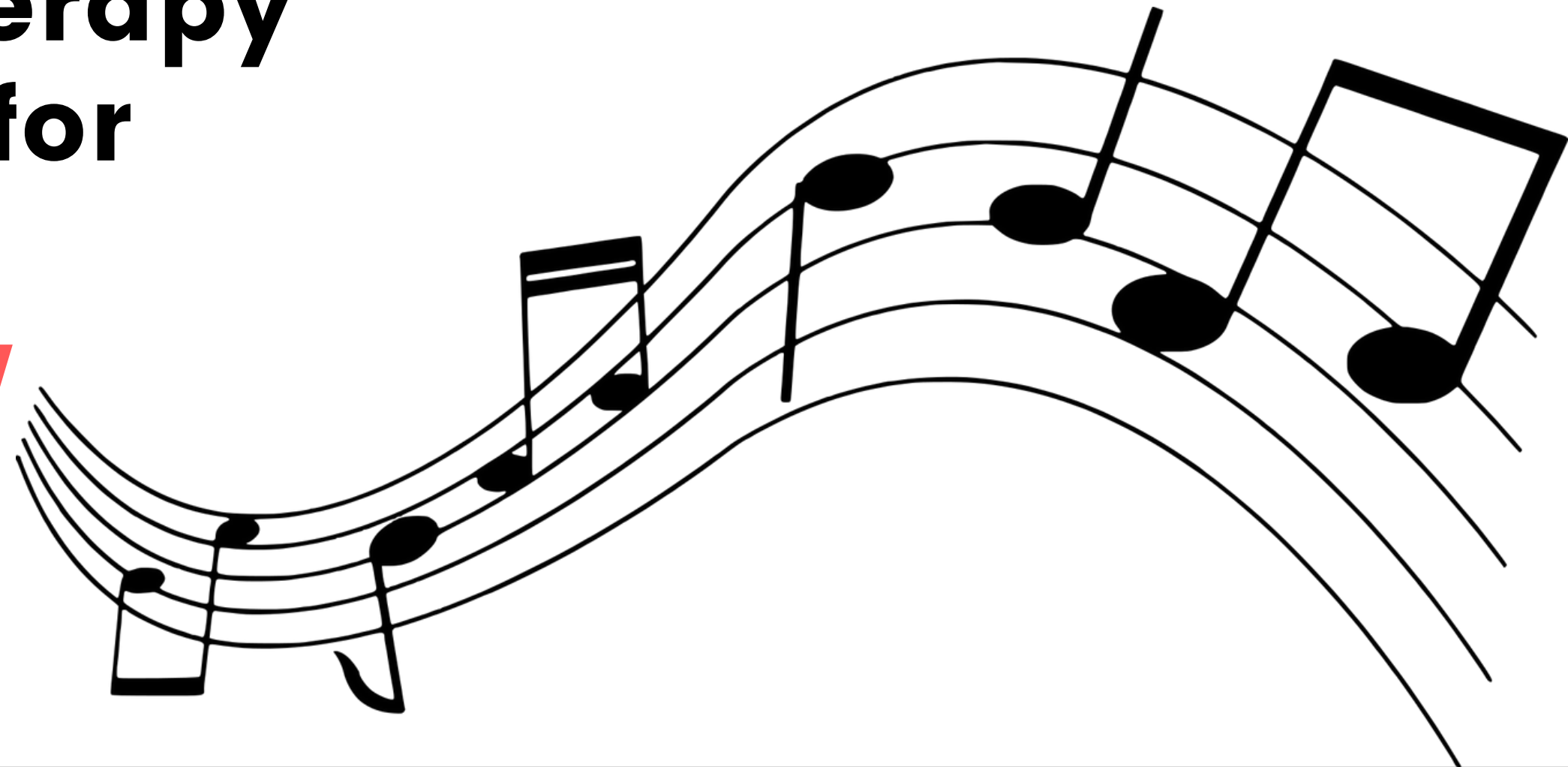
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Thank you!



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